

## Full Report (All Nutrients) 09055, Blueberries, frozen, sweetened

Report Date: June 29, 2017 23:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 230g	1 package (10 oz) 284g
<b>Proximates</b>						
Water	g	77.40	3	0.322	178.02	219.82
Energy	kcal	85	--	--	196	241
Energy	kJ	355	--	--	816	1008
Protein	g	0.40	3	0.055	0.92	1.14
Total lipid (fat)	g	0.13	3	0.033	0.30	0.37
Ash	g	0.12	3	0.044	0.28	0.34
Carbohydrate, by difference	g	21.95	--	--	50.48	62.34
Fiber, total dietary	g	2.2	--	--	5.1	6.2
Sugars, total	g	19.72	--	--	45.36	56.00
<b>Minerals</b>						
Calcium, Ca	mg	6	3	0.058	14	17
Iron, Fe	mg	0.39	3	0.049	0.90	1.11
Magnesium, Mg	mg	2	3	0.961	5	6
Phosphorus, P	mg	7	3	0.736	16	20
Potassium, K	mg	60	3	9.368	138	170
Sodium, Na	mg	1	3	0.437	2	3
Zinc, Zn	mg	0.06	3	0.007	0.14	0.17
Copper, Cu	mg	0.039	3	0.002	0.090	0.111
Manganese, Mn	mg	0.262	3	0.107	0.603	0.744
Selenium, Se	µg	0.2	--	--	0.5	0.6
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.0	3	0.000	2.3	2.8

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Thiamin	mg	0.020	3	0.000	0.046	0.057
Riboflavin	mg	0.052	2	--	0.120	0.148
Niacin	mg	0.253	3	0.050	0.582	0.719
Pantothenic acid	mg	0.125	--	--	0.287	0.355
Vitamin B-6	mg	0.059	--	--	0.136	0.168
Folate, total	µg	7	--	--	16	20
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	--	--	16	20
Folate, DFE	µg	7	--	--	16	20
Choline, total	mg	5.5	--	--	12.7	15.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	6
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	30	--	--	69	85
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	49	--	--	113	139
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	73	--	--	168	207
Vitamin E (alpha-tocopherol)	mg	0.52	--	--	1.20	1.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	17.7	--	--	40.7	50.3
<b>Lipids</b>						
Fatty acids, total saturated	g	0.011	--	--	0.025	0.031
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

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16:0	g	0.006	--	--	0.014	0.017
18:0	g	0.002	--	--	0.005	0.006
Fatty acids, total monounsaturated	g	0.018	--	--	0.041	0.051
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.018	--	--	0.041	0.051
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.057	--	--	0.131	0.162
18:2 undifferentiated	g	0.034	--	--	0.078	0.097
18:3 undifferentiated	g	0.023	--	--	0.053	0.065
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	0.002	--	--	0.005	0.006
Threonine	g	0.011	--	--	0.025	0.031
Isoleucine	g	0.012	--	--	0.028	0.034
Leucine	g	0.023	--	--	0.053	0.065
Lysine	g	0.007	--	--	0.016	0.020
Methionine	g	0.006	--	--	0.014	0.017
Cystine	g	0.004	--	--	0.009	0.011
Phenylalanine	g	0.014	--	--	0.032	0.040
Tyrosine	g	0.005	--	--	0.012	0.014
Valine	g	0.017	--	--	0.039	0.048
Arginine	g	0.020	--	--	0.046	0.057
Histidine	g	0.006	--	--	0.014	0.017
Alanine	g	0.017	--	--	0.039	0.048
Aspartic acid	g	0.031	--	--	0.071	0.088
Glutamic acid	g	0.049	--	--	0.113	0.139

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Glycine	g	0.016	--	--	0.037	0.045
Proline	g	0.015	--	--	0.034	0.043
Serine	g	0.012	--	--	0.028	0.034
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0